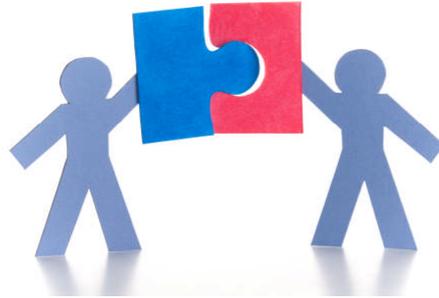


Mental Health Integration Program (MHIP)



WHAT? MHIP is a primary care – mental health collaboration to provide care for the whole person.

WHY? Because studies have found that most people go to their primary care providers, not mental health clinics, with their emotional problems. Therefore, there's an opportunity to intervene early and prevent more disabling illness.

WHO? The team:

- **You** – the most important person on the team! You will get the best care by participating actively with your primary care physician and your care manager.
- **Primary Care Physician (PCP)** – oversees all aspects of your care.
- **Care Manager (CM)** – works closely with you and the PCP to implement a treatment plan.
- **Psychiatric Consultant** – an expert consultant to the PCP and the CM.

How? The behavioral treatment used in MHIP is an Evidence-Based Practice (EBP) called Problem Solving Treatment (PST). It generally consists of 6-10 sessions.